

WELCOME TO THE

KONMARI METHOD

Sparkling Joy and Clearing Clutter



What is the KonMari Method?



- Created by Marie Kondo
- Whole home organizational method- known as a Tidy Festival
- Emphasizes keeping only items that Spark Joy
- This is a practice in coming from a place of joy and love as opposed to fear and lack
- Organize by category - not location

“Keep only those things that speak to your heart. Then take the plunge and discard the rest. By doing this, you can reset your life and embark on a new lifestyle.” -Marie Kondo



Identify Challenges and Set Your Vision

What are your challenges?

- Messy? Cluttered? Drawers stuff and not closing? Environment too distracting to get you to your next goals? Kids always losing things? Too much time cleaning up?

What is your goal/vision?

- This is THE MOST important question and will be crucial to keeping you on track
- ex: My vision is to walk through my home and have everything feel clear and light. I want to get rid of the clutter so that I can focus on and be propelled towards my goals. (career, life, etc.)

Why is your vision so important?

- Your vision is your roadmap. It's your why and what and keeps you on track.
- You will be making hundreds of yes/no decisions and which can lead to fatigue, second guessing and keeping things out of fear.



The Categories

- CLOTHES
- BOOKS
- PAPER
- KOMONO (office supplies, electronics, kitchen, linens etc)
- SENTIMENTAL





HOW TO PROCEED

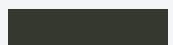
- Gather every single item from within each category. Every drawer, closet, cabinet and box gets checked for items.
- This is to get the full impact of all that you have. Makes decision making much easier when you can see all that you have.

Spark Joy, not fear.

- KonMari's popular term: surround yourself with items that spark joy.
- This is where you want to get clear on your 'benchmark' item. We all have that one item that we for sure love. Sparks joy when you hold it!
- We all have items that don't feel that great. "I have this top, it's not that great, but what if I ever need it for a certain outfit?" "I hate these sheets, but what if I should ever need them someday?" Nope! This is lack/fear mentality as opposed to the Spark Joy mentality. This is your opportunity to learn to surround yourself with joy and awesome.
- When we get in the habit of keeping ONLY the items that bring us joy, then we are surrounded by joy. We are not surrounded by 'shoulds, ought to's and other fear/lack items. .

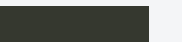
Keeping or Discarding

- Pick up one item at a time.
- See if it sparks joy or if you're ready to discard it.
- If keeping with joy, great! Set aside.
- If discarding, thank it for its service or what it's done for you and move on.
- Important to treat every item with respect, set things down nicely, thank them, show gratitude. This is also a practice that we are developing. Showing respect and gratitude can be done everywhere, even in the small things.
- Don't worry about storing perfectly -yet! Go through every item you own and know that storage is temporary. Oftentimes, once things have been joy-checked and decluttered, the perfect organizational spot will open up.
- After you are very in tune with what brings you joy, then you can pick out organizational items that also bring you joy-not solely functionality.



Success in your Tidy Festival

- To avoid overwhelm, stick to the categories. This method is set for your success.
- Be kind to yourself, don't worry if items aren't a clear yes or no. If unsure, keep with confidence. You may find yourself doing a 'second sweep' after all is done.
- Remember your ideal vision for your home and life. Trust yourself to make decisions based on this vision.
- Nothing is really irreplaceable. Don't worry about making mistakes.
- Take deep breaths, step away if you need to, drink water and regather your intention.



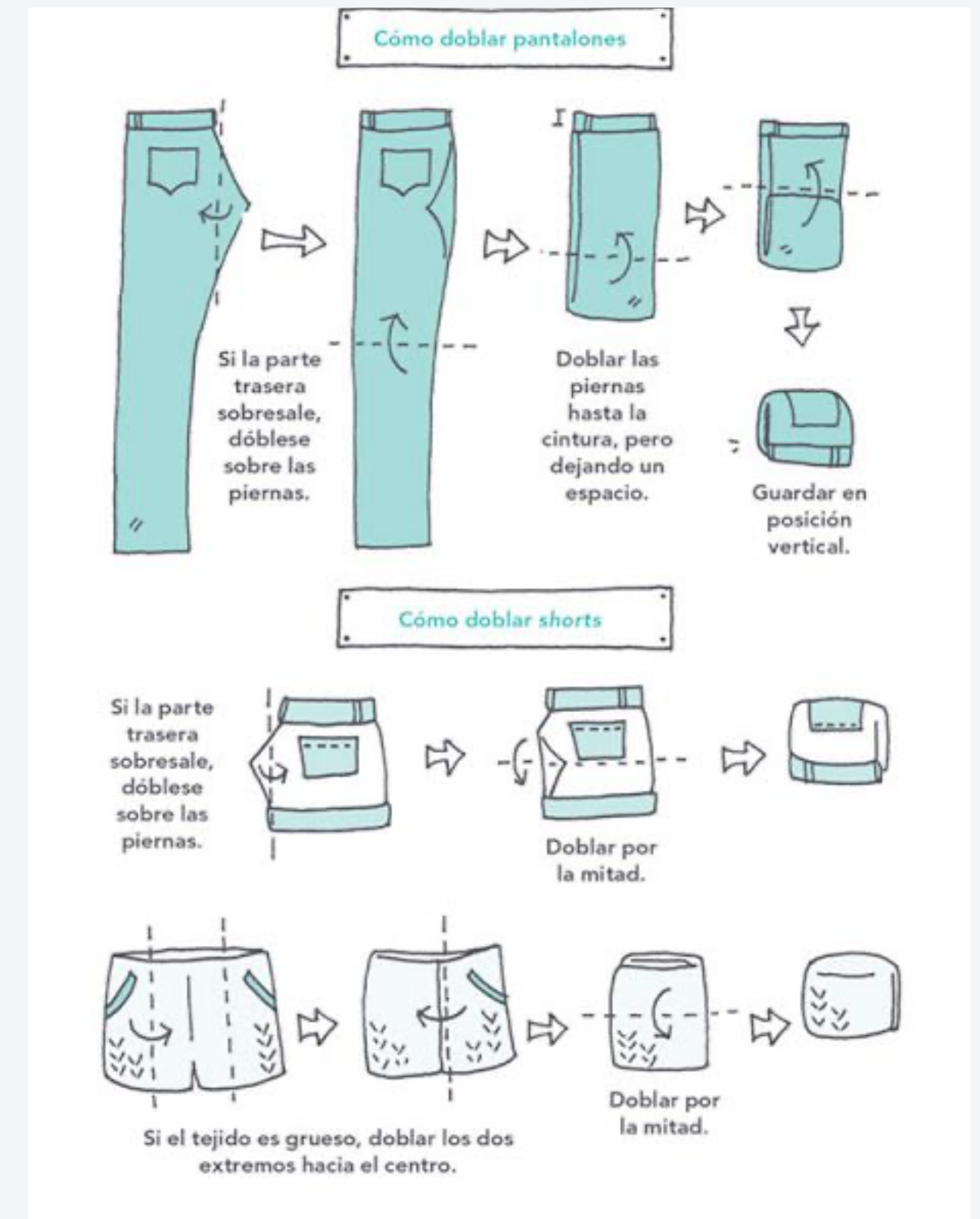
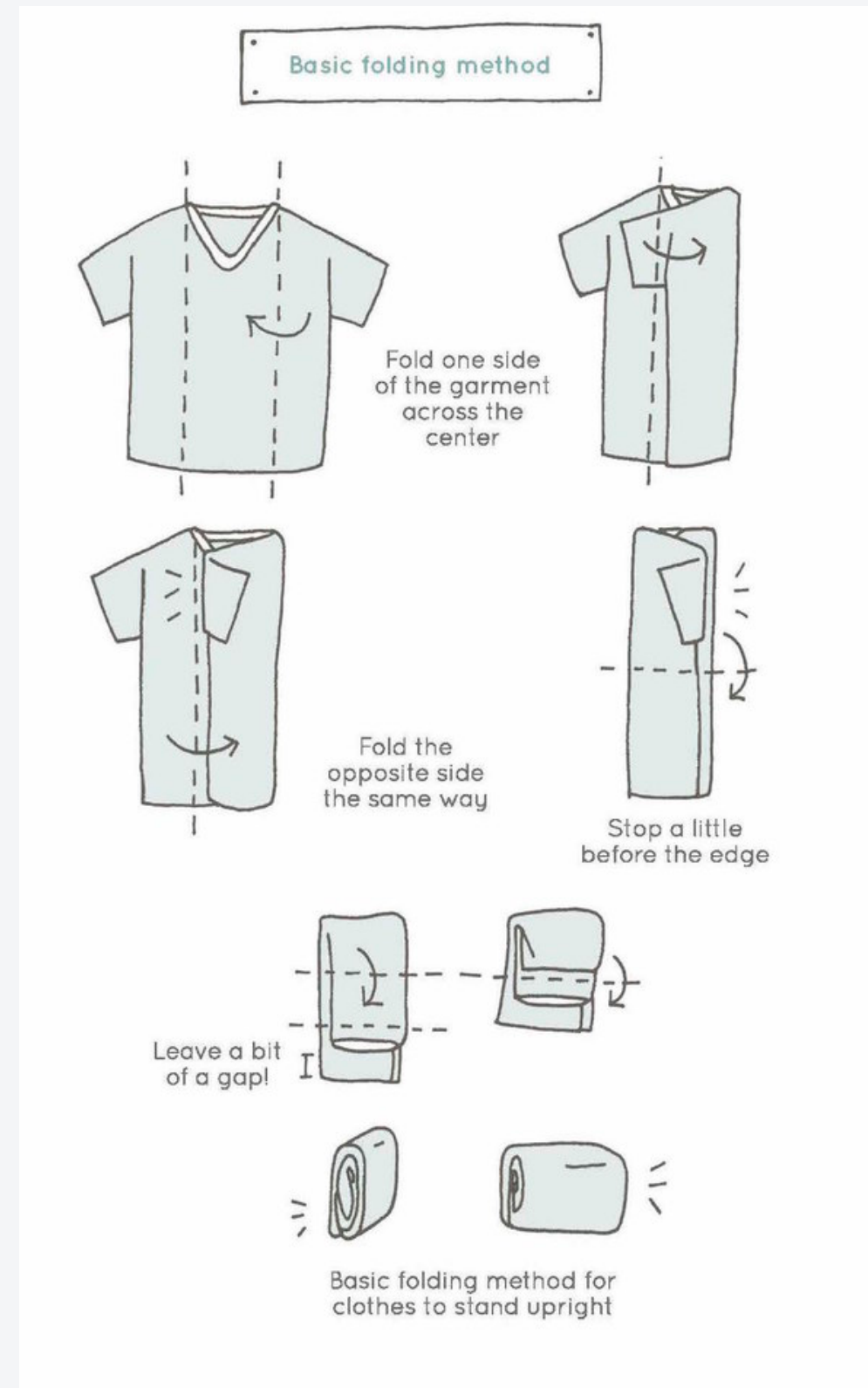
Clothes

- Start with tops, pants, athletic wear, underthings
- Hats, bags and accessories.
- If you have a ton of stuff, break it into subcategories so you don't get overwhelmed and can have the successes of finishing each subcategory.
- Learn to vertical fold. So important! Clothing is more respected, we can see everything we own, it all gets used in rotation and is easily identifiable when we are ready to part with it.



FOLDING GUIDES

- Make everything a rectangle
- Ideally it can stand alone
- Called the vertical fold
- Can fit way more clothes into a drawer or basket this way
- Even great for packing suitcases



Office/ Paperwork

- Know your why.
- This is another place where you'll be revisiting your vision.
- Take everything off your desk, give it a clean.
- Toss out loose papers and to-do lists.
- Everything you keep needs a home.
- KonMari has three categories of paperwork to keep- immediately pending, things to keep until expiration(warranties etc) and papers necessary to keep indefinitely. (Social security cards...)

Tough Decisions

- Some items are hard to get rid of for various reasons.
- Some items have 'value' that we are trained to feel guilty to throw out or let go of.
- This item cost money, it was a gift, still has value, perfectly good etc.
- Thank the item for teaching you that you no longer like that style, don't like that type of book, can't stand that color, whatever it is that is keeping you from enjoying the item.
- When we give gratitude and recognize the lesson, that is where we get the value. We exchange the lesson for the monetary value.
- By learning the lesson, we keep ourselves from wasting money in the future by never buying that again.





GETTING FAMILY ON BOARD

- By you setting the example, you can often get your family on board.
- This is a personal journey, so although you may share a space, this is about you and your items first. Be accountable to you.
- After you set the example by working on what you can control, then you can start to have conversations about keeping things tidy, having a designated location for things in the house.

Why this
process is
so
awesome
and how
it'll change
your life

- You build a muscle that teaches you to surround yourself with joy. You will take this out to the rest of your life with ease.
- You learn to care and respect for every item you keep or discard. You learn that everything gets respected and that will carry into how you care for yourself.
- This is an investment in yourself and gives you the opportunity to get crystal clear on your goals and intentions.
- Your home is like a 3-d vision board. Aligning your environment with your goals sets you up for success.